

Chicken Smackers & Donut Holes

Servings:	1.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Breakfast	Recipe ID:	R-10081
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PCORN LRG WGRAIN CKD	5 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.	536620
DONUT HOLE YST RSD WGRAIN FZ	3 Each		583292

Preparation Instructions

Popcorn Chicken

BAKE

FROM FROZEN: CONVENTIONAL OVEN FOR 10-12 MINUTES AT 350F; CONVECTION OVEN FOR 6-8 MINUTES AT 350F.

Donut Holes

1. Place on lined sheet pan and thaw for 30-60 minutes at room temperature.
2. Heat in oven at 375 F for 2-3 minutes.
3. Finish: Glaze or roll in granulated sugar immediately, or ice when cool

CCP: Heat to 135 F or higher.

Meal Components

Amount Per Serving

Meat/Meat Alternate	1.000
Grain	1.700
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.000
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	145.30
Fat	6.93g
Saturated Fat	1.69g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	254.29mg
Carbohydrates	10.88g
Fiber	1.61g
Total Sugar	0.30g
Added Sugar	0.27g
Protein	9.72g
Vitamin A 100.03mcg	Vitamin C 0.00mg
Calcium 10.66mg	Iron 0.79mg

Nutrition - Per 100g

No 100g Conversion Available